

# Cummington Council on Aging

413-634-2262 P.O. Box 95, Cummington, MA 01026

[coa@cummington-ma.gov](mailto:coa@cummington-ma.gov)

**Carolyn J. Urekew, Director, Office Hours: Wednesday & Friday 9AM – 12PM**



## February

## 2015

**\*\*Board of Directors will meet February 5th at 9:30a.m.**

**February potluck luncheon will be on Tuesday February 17<sup>th</sup> at 12pm at the Community House.**

Help prevent **Osteoporosis** and have fun doing it!!!! Sue Forgea is leading the class. If you haven't joined her exercise class.. Do yourself a favor and give it a try!! **Monday's 9:30a.m.**



**Coffee Hour** is being held at 10:30-11:30a.m. on **all Monday's** following the Osteoporosis exercise class.



**Tap dancing classes** are on with several students attending. Classes are at the Community House on **every Wednesday 4 to 4:45pm**. It is being led by our own multi-talented Sue Forgea 634-5458.

**Our January potluck, with historically the lowest attendance of the year was good. We had 28 in attendance and prepared several meals to go. The potluck dishes were delicious featuring Mary Esther Streeter's Mac and Cheese, Sue Forgea's Potato Salad, Edith Morton's Special Beans, Monica**

potluck dishes were delicious featuring Mary Esther Streeter's Mac and Cheese, Sue Forgea's Potato Salad, Edith Morton's Special Beans, Monica Vandoloski's Kielbasa, and Green Bean Casserole, Kathy Knox's delicious Ravioli Lasagana, a terrific Green Salad from Nancy Cole, BBQ Chicken from Carolyn Urekew and fabulous Lemon Corn Bread from Martha Emerson. The desserts (all calorie free of course!), were wonderful and varied as usual featuring Jeanette Horton's Custard Pie, a Cherry Chesecake from Diane Harris, Cynthia Joyner's Brownies and Carolyn Wolf's fantastic homemade chocolate chip cookies. If I have forgotten anyone or an item I will apologize now! It was all great, fabulous and delicious. It's a potluck.. what you bring is what we eat! For a small rural community we are so fortunate to continue to have our potlucks so well attended and to have the fellowship that we enjoy. What a great luncheon and how wonderful it always is to see everyone! And naturally, we do miss the folks who can't make it due to illness or other obligations, and we miss Helen Merritt and Betty Friar who are with family in other states. We will be looking forward to seeing everyone on Feb. 17<sup>th</sup> at 12 noon in the Community Room. As custom, there will not be a program in February due to questionable weather issues. Good food, good friends.

**Neighbor to Neighbor drivers!!** Because of generous donations that have been made to the Council on Aging for our program support, we will be able to continue this program for the time being. It may be wise to check with the office regarding reimbursement.



**Needle crafters** meet at the Community House **Monday's 1:30p.m.-3:30p.m.** All skill levels are invited to bring your project and join them.



**Sue Forgea is now taking on small alteration jobs. Something need to be hemmed up or taken in? Give her a call to see how she can help. 634-5458.**



#### February 2015:

**Monday:** Osteoporosis Exercise  
Coffee Hour  
Board of Assessors Assistant  
Town Admin. Asst.  
Needlework Group  
Bryant Library  
Veteran Agent 1<sup>st</sup> and 3<sup>rd</sup> Monday

9:30-10:30 AM  
10:30-11:30 AM  
9:30-11:30 AM (office hours)  
9:00-11:00 AM  
1:30-3:30 PM  
6:00-9:00 PM  
9:00-11:00AM

**Tuesday:** Town Admin. Asst.

9:00-11:00 AM

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**COA POTLUCK luncheon Feb. 17th** (3<sup>rd</sup> Tuesday) NOON  
 Board of Health meeting: 1<sup>st</sup> & 3<sup>rd</sup> Tuesday 7:00 PM  
 Veteran Agent 3<sup>rd</sup> Tuesday 6:00-8:00pm Williamsburg

**Wednesday:** COA office hours 9:00-12:00 PM  
 Chair Yoga 12:00-1:00 PM  
 Tap Dancing 4:00-4:45PM  
 Bryant Library 6:00-9:00 PM  
 Compactor 5:30-7:30 PM

**Thursday:**  
 COA Board of Directors Feb. 5th. (2nd Thurs.) 9:30 AM moved due to holiday  
 Town Clerk 6:00-7:30 PM  
 Selectboard 7:00PM  
 Board of Assessors mtg: 2<sup>nd</sup> & 4<sup>th</sup> Thursday 6:00-8:00PM  
 Building Inspector 6:00 – 8:00PM

**Friday:**  
 COA office hours: 9:00–12:00 PM

**Saturday:** Compactor 7:00-11:00 AM  
 Bryant Library 8:30 AM - 12:30 PM

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**Important dates:**

Feb. 2 Groundhog Day Feb. 12 Lincoln's Birthday Feb. 14 Valentine's Day Feb. 16 Presidents Day (Banks Closed) Feb. 18 Ash Wednesday Feb. 22 Washington's Birthday

**Referral Resources**

**Cummington Council On Aging Carolyn Urekew, Director 413 634-2262**  
 Office Hours: Wednesday & Friday 9AM - 12PM  
 COA Chairperson – Anne Parsons 634-5707  
 COA Co-Chairperson – Elliot Ring 634-5666  
 Email: coa@cummington-ma.gov

**Elder Abuse Hotline 800 922-2275**  
**Highland Valley Elder Services 413 586-**

**2000**

Elder abuse refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult age 60 or over.

**Community Health Worker: Janet Dimock 413 238-5511X149**

**First Call for Help Information and Referral Resources 800 339-7779**

**Fuel Assistance Application and Recertification 800 370-0940**

**Food Bank of Western Massachusetts Brown Bag Program 800 247-9632**

**Food Stamps -Supplemental Nutrition Assistance Program(SNAP) 413 552-5400**

**H E N – Hilltown Elder Network (sponsored by Hilltown CDC) 413 296-4536**

**Jane Neri local HEN Coordinator Help inside the home and errands 413 634-5703**

**Hope Nurse Mary Kane, RN Hilltown Community Health Ctr. 413**

errands 413 634-5703  
 Hope Nurse Mary Kane, RN Hilltown Community Health Ctr. 413  
 238-5511 X131  
 Veteran's Agent Tom Geryk [tgeryk@northamptonma.gov](mailto:tgeryk@northamptonma.gov) 413 587-  
 1299  
 \*\*Hilltown Van call Eleanor Loomis ASAP before trip  
 413 268-7582  
 \*\*To Northampton – Tuesday (\$4.00)  
 \*\*To Pittsfield on Wednesday (\$4.00)  
 Salvation Army Emergency Food, Fuel or Medication Vouchers 413 586-  
 5336/6564  
 SHINE- Jesse Pulitzer-Kennedy [jpulitzer@hchcweb.org](mailto:jpulitzer@hchcweb.org) 413  
 238-4155  
 Mass Health and New Health Coverage/Worthington Health Center  
 John Bergeron 413  
 238-5511  
 Northampton Survival Center 413 586-  
 6564  
 Hilltown Food Pantry –\*Goshen Town Hall – Diane Meehan, Dir. 413  
 268-7578

Each Wednesday 1-3PM; 3<sup>rd</sup> Wednesday 1-6PM

**\*Please note:** Clients of the pantry may pick up free boxes of groceries monthly, as available.  
 Please bring social security numbers of all family members applying at this site.

**\*\* Van Schedule:** The weekly run to Northampton is for shopping on Tuesdays mornings.  
 Afternoons are for medical appointments. Other van runs will be made to Northampton,  
 Pittsfield, or special field trips on an “as needed” basis. Call Ellie 268-7582 in advance!

**CUMMINGTON COA NEWSLETTER HAS BEEN FUNDED IN PART BY: Generous  
 donations,  
 THE TOWN OF CUMMINGTON, and THE EXECUTIVE OFFICE OF ELDER  
 AFFAIRS**

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